



Bridging Refugee Youth & Children's Services

Raising Children in a New Country

This course was created for newcomer parents and the agencies that serve and support them. The course work aims to ensure that newcomer parents have the basic information they need about U.S. laws and parenting practices and is targeted to newcomer parents with low levels of English proficiency and/or low literacy levels. For best results, BRYCS recommends using this course in culturally appropriate parent support groups, preferably run by at least one experienced newcomer parent of the same ethnicity and one U.S.-born parent, where refugee and immigrant parents can ask questions, try out new behaviors, and find positive support to help ease their transition. This course is adapted from BRYCS' [Raising Children in a New Country: Illustrated Handbook](#).

Have results you'd like to share? Please email info@brycs.org.

English Pre-test

1) Do you worry about raising your children in America?

Yes

No

2) What do you worry about the most raising your children in the United States?

English Post-test

1) Do younger children need more sleep than teenagers?

- Yes
- No

2) What should NOT be a part of a bedtime routine?

- Candy
- Brushing teeth
- Putting on pajamas
- Reading a story
- Singing a song from your culture

3) Do you agree that children need to eat a healthy breakfast before school so they have energy to learn?

- Yes
- No

4) Are cookies, chips, candy, and soda considered junk food?

- Yes
- No

5) Do you agree that sharing at least one meal each day can help make your family stronger?

- Yes
- No

6) Do children under age 4 need to be in a child-sized car seat?

- Yes
- No

7) Who should you call first if your child swallows something that might cause them harm?

- A friend
- The police
- 911

A doctor

8) It is okay to leave a child (ages 7 and under) home alone?

Yes

No

9) What types of discipline are acceptable in the U.S.?

Physical discipline (slapping, hitting, beating, shaking)

Time outs, rewards & consequences, privileges & limits

10) Is the job of Child Protective Services (CPS) to make sure children are safe if they receive a report of physical, sexual, emotion abuse or child neglect?

Yes

No

11) If you are working with CPS, do you have the right to an interpreter or cultural liaison to help with communication and understanding?

Yes

No

12) Are all boys and girls in the U.S., including disabled children, required to go to school?

Yes

No

13) Do you agree that children who have daily routines, consistent discipline, family meals, and are shown attention are happier and better able to learn in school?

Yes

No

14) Do U.S. schools expect parents to be involved in their children's education?

Yes

No

15) Do you agree that you should never use a child as an interpreter?

Yes

No

16) Every day after school you should... (select all that apply)

Help them complete homework

- Check for notices sent home from school
- Let children eat junk food
- Supervise and set limits on TV, video games and computer use

17) Do you feel more confident as a parent after taking this course?

- Yes
- No

18) What new ideas did you learn from this course?

Post-test Answer Key

1) Yes 2) Candy 3) Yes 4) Yes 5) Yes 6) Yes 7) 911 8) No 9) Time outs, rewards & consequences, privileges & limits 10) Yes 11) Yes 12) Yes 13) Yes 14) Yes 15) Yes 16) Help them complete homework, Check for notices, Supervise and set limits